

Level 3 FS		
Division	Trick No	Description
Traditional Gymnastics Tricks		Any Skill Listed in the current International Gymnastics Federation Code of Points (FIG) may be used so long as the skills are in the difficulty category C (Level 5), B (Level 4) or A (Level 2). Skills categorized in the FIG Code as "D", "E", "F" or "G" difficulty levels may not be performed in Freestyle Acrobatics.
Traditional Gymnastics Tricks	Any Skill listed in the current AAU National Gymnastics Rules for Compulsory athletes or in the USA Gymnastics Rules for Compulsory athletes may be used and will be given a difficulty Level of:	Level 1 – All traditional elements which do not include salto's, giants or back handsprings Level 2 – Any back handspring skill, kipping skill, or "A" level strength skill Level 3 – Any salto skill, giant skill Level 4 – All traditional elements which in the current rules which are rated at a "B" level
Free Running	2.006.3 Wall Run	Running perpendicular across a wall for distance or sometimes to overcome a gap or uneven terrain.
Free Running	2.007.3 Wall Spin	Similar to the palm spin only done vertically on a wall rather than horizontally.
Free Running	2.008.3 Wall Back Flip	Running up a wall and pushing backwards off feet to complete a flip onto both feet.
Free Running Kangaroo Trick	2.012.3 Cat Leap	Similar to the palm spin only done vertically on a wall rather than horizontally support oneself.
Free Running Kangaroo Trick	2.013.3 Tic-Tac	A ricochet type trick where one bounces/runs off one object to get over another adjacent obstacle; usually done with a side to side motion.
Free Running Kangaroo Trick	2.016.3 Running Precision	Running across numerous small objects (i.e. a series of rails, dividers etc.) while maintaining speed, balance and support.
Tumbling Trick	3.007.3 Back Layout	A trick where the performer jumps up and rotates 360° backwards along the sagittal plane (or about the x-axis), before returning to his feet. What sets this apart from a regular backflip is the lack of a tuck. Instead of bringing the knees to the chest, the practitioner uses his back muscles to force the rotation while at the same time bringing his hips as high as possible to maintain height.
Tumbling Trick	3.010.3 Arabian	A trick where the performer jumps up and rotates 180° forwards along the sagittal plane (or about the x-axis) as well as rotating 180° along the transverse plane (or about the y-axis), before returning to his feet. He should land facing the opposite direction from which he took off.
Tumbling Trick	3.012.3 Gainer Flip	A flip in either direction where the body travels in the opposite direction of the rotation of the flip; i.e. a backflip that travels forward.
Martial Arts Trick	4.005.3 Feilong	The Feilong is a trick in which a person jumps off of both feet, from a ready position, turns 360° while executing an outside spin kick to the target, then delivering an inside kick to the same target before landing on the ground. The definitive action of a Feilong is to perform two kicks in the specific arrangement of "outside to inside". The most popular arrangements are outside crescent to inside crescent, and outside crescent to front.

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Martial Arts Trick	4.008.3 Pop 540	Taking off both legs from a ready position, the practitioner rotates 540° along the transverse plane while executing an inside crescent kick and landing on the kicking leg. This move is very similar to the regular 540, but with a "pop" setup instead of the "cheat" setup.
Martial Arts Trick	4.010.3 Backside 900	A 540 (one and one half) in air spin followed by an inward kick such as a roundhouse or inside crescent. The performer starts in "backside" stance and uses a "pop" takeoff to begin the move. An additional 180 may be added after the kick (post landing) to return to stance.
Vault Trick	5.005.3 Double Kong	Like a regular Kong but adding another push with the arms to clear longer or multiple obstacles before landing on the ground.
Vault Trick	5.007.3 Lazy Vault	Similar to the speed vault except one uses their legs in addition to their one hand to successfully surmount the obstacle.
Vault Trick	5.008.3 Turn Vault	A vault where one approaches the obstacle forward plants his hands and as he goes over he turns his body so his back ends up facing the obstacle; similar approach as a Kong but here instead of scooping the feet through for the landing, he turns his body around his arms.
Vault Trick	5.009.3 Kash Vault	A combination of a Kong vault and a Dash vault; one begins like a Kong then finishes like the Dash.
Swing Trick	6.014.3 Swing Vault	A dismounting motion that swings backwards high enough to pull over the bar and land on the other side.
Swing Trick	6.015.3 One Armed Swings	A complete forward and back swing with one hand holding the bar.
Swing Trick	6.016.3 Fly Away	A dismounting motion that swings forward, lets go of the bar, and flips backward and lands on the ground.
Swing Trick	6.017.3 Front Off	A dismounting motion that swings backward, lets go of the bar, and flips forward and lands on the ground.
Break Dancing Footwork		Footwork is a broad term for the moves that are done mainly on the ground. Most footwork is a product of an acrobat's imagination or creativity, and therefore is not named. Footwork is one of the main bases of style and one of the key aspects of break dancing.
Freeze Trick	7.010.3 One-Handed Airbaby	An airbaby with only the hand of the arm supporting the knee on the ground.
Freeze Trick	7.011.3 Reverse Airbaby	An Airbaby with all positions inverted.
Freeze Trick	7.013.3 Lotus Airbaby	An Airbaby with the knees in a lotus/yoga position (The knee must be resting the elbow).
Freeze Trick	7.014.3 Airchair	A type of freeze in which the breaker stabs their elbow into their side/back and balances on it while keeping their legs and body in the air pointed towards the ceiling.
Freeze Trick	7.015.3 Double Airchair	An Airchair with both arms stabbed at the side. (This move is very contortionist like).
Freeze Trick	7.016.3 Elbow Airchair	A type of freeze in which the breaker holds their body up at the waist with either one or two hands and balances on only their elbows while their feet and head is in the air.
Freeze Trick	7.017.3 Sidechair	A freeze in which the breaker stabs one elbow into their side, like an airchair, and lifts his legs and body off the ground pointed towards the side.

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Freeze Trick	7.018.3 Chair Freeze	A type of freeze where the breaker balances with their elbow stabbed into their side and their head on the ground. They will then place one foot on the ground and cross the other leg over it. The other elbow can be used to balance or on the side of the body for viewing appeal.
Freeze Trick	7.019.3 Elbow Chair	A type of freeze where the breaker balances with their hand holding onto their side while their head and supporting elbow touch the ground. They will then place one foot on the ground and cross the other leg over it.
Freeze Trick	7.020.3 Handglide Freeze/Table-Top	A type of freeze where the breaker balances on their stabbed arm and uses their free arm for support.
Freeze Trick	7.021.3 Turtle Freeze	A type of freeze where the breaker stabs their elbow into each side of their abs and balances off the ground.
Freeze Trick	7.022.3 Shoulder Freeze	A freeze where you are holding your body up using one shoulder, one hand, and the side of your head. The other arm lies behind you and is not used to balance.
Freeze Trick	7.023.3 Hong 10 freeze/Halo Freeze	Similar to a chair freeze, but with your legs in the air.
Freeze Trick	7.024.3 Dead Halo Freeze	A halo freeze with your legs or feet are nearly touching the ground.
Power Move		A power move is any type of move in break dancing which requires spinning and/or rotating in a way that can be done so in multiple rounds. All power moves (or series of a type of power move) can be connected in combos to form a "power combo".
Circles & Flares	7.041.3 King flares/Hopping Flare	A flare that is done while hopping from hand to hand.
Circles & Flares	7.042.3 Crossed-Legged Flare	Much like twin-legged flare, but the legs are crossed.
Circles & Flares	7.060.3 Swipe	A power move where the acrobat starts with his hands and feet on the ground and rotates his upper body to build the momentum to rotate his lower body. Swipes are commonly used to transition between footwork and power moves.
Circles & Flares	7.061.3 Master Swipe	A swipe in which only one foot touches the ground at a time.
Windmills	7.062.3 Windmill/Mill	A move/technique (considered a fundamental power move) in which the breaker kicks the opposite leg from the direction he/she is spinning to gain the momentum to rotate herself around onto her back and back onto her front. For the basic version, the legs are maintained spread apart like the sails/blades of a windmill.
Windmills	7.063.3 Superman Mills	Windmills using the hands so that the body does not touch the ground.
Windmills	7.064.3 Bellymills	Windmills where the arms are stretched out while the torso rotates on the chest/stomach.
Windmills	7.065.3 Criticals	The first full 360 degree rotation movement is done from a turtle or crab position. It requires a pushing motion and whipping both legs similar to a windmill but fully rotating in the air landing back into a turtle or crab position.
Windmills	7.066.3 Critical Two's	A variant of criticals that is from the swipe position landing nonstop into footwork or windmills or freezes.
Windmills	7.067.3 Forearm Mills	Windmills performed by landing back on forearms when continuing the next spin.
Windmills	7.068.3 Windmill Critical	A variant where in freeze position during a windmill like Airflare 1.5 you push yourself off the ground and spin in the air back into a windmill.
Back Spin	7.091.3 Shoulder Spin	Sometimes done after a windmill, but going higher to reach the shoulder then spinning.

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Headspins	7.098.3 2990's	A 1990 that is executed by pushing up while in a head spin.
Spins	7.102.3 Airbaby Spin	Spinning while in an Airbaby.
Spins	7.103.3 Airchair Spin	Spinning while in an Airchair.
Spins	7.104.3 Forearm Spin	A spin on the forearm
Spins	7.105.3 Elbow Spin	A spin on the elbow.
Spins	7.106.3 Head Glide/Donut/Icy Ice	A spin performed after windmill where your hand is planted in your side and head drags on the ground and spins around your hand.
Handglides	7.112.3 Handglide Spin/Handspin	A move that involves spinning around in a circular motion, using one hand to push and propel you while the other hand is positioned in the side pocket of the abdominal section supporting your weight balancing your body from not touching the floor.
Floats & Turtles		Both hands are walking in a circular motion and balancing the body straight and with control.
Floats & Turtles	7.116.3 Turtle	A move that involves positioning both elbows in the kidney pockets on the side of the body and both hands walk in a circular motion balanced. Each hand distributes the weight of the person in an alternating action. The more advanced the more control this comes with strength.
Floats & Turtles	7.117.3 Cricket	A move that involves hopping around in a circular motion while in the hand glide position but hopping. Hands pump off of the floor one after the other.
Floats & Turtles	7.118.3 Hydro	Crickets pushing with both hands at the same time.
Floats & Turtles	7.119.3 Jackhammer	Crickets on one hand pumping off the floor balancing body with one elbow in the side of abdominal section hard for control to be a float but can be done.
Floats & Turtles	7.120.3 Lotus Jackhammer	A jackhammer done with the legs in a lotus/yoga position.
Hand Hops/Elbow Hops/Other Hops	7.131.3 Basic Hand Hops/One-handed Rabbits	Hopping on one hand, pumping your legs up together.
Hand Hops/Elbow Hops/Other Hops	7.132.3 Scissor Hops	Hopping while kicking your legs back and forth.
Hand Hops/Elbow Hops/Other Hops	7.133.3 Threading Hand Hops	Threading while hopping.
Hand Hops/Elbow Hops/Other Hops	7.134.3 Lotus Hand Hops/Yoga Hops	Hopping while Legs are in the Lotus position.
Hand Hops/Elbow Hops/Other Hops	7.135.3 Hand Hop Pikes/Pike Hops	Hand hopping while piked.
Blow Ups/Rollbacks	7.144.3 Rollback Handstand	The acrobat starts off on his back or sitting down and rolls back to a handstand. This move is common to start a 1990 or a 2000.
Blow Ups/Rollbacks	7.145.3 Rollback Pike/Nike	Similar to a rollback handstand but usually done with one arm into a pike or a Nike.
Drops	7.150.3 Drop Elbow/Forearm	Usually starting from a handstand move and dropping onto the elbow or forearm.